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health fears
Amy 'dead in three months' if she doesn't quit drugs: Dad
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Please recycle

RAFE ARNOTT/METRO VANCOUVER

A drummer screams for more power from her crew during the finals of the Rio Tinto Alcan Dragon Boat Festival at False Creek yesterday. Thousands lined the seawall to cheer on more than 170 teams during the record-breaking weekend.

Festival breaks record

'Fantastic turnout' for dragon boat weekend attributed to sunshine

By **ANDREA WOO**
for Metro Vancouver

More than 100,000 people turned out for the 20th Rio Tinto Alcan Dragon Boat Festival this past weekend, breaking the previous record by about 10,000.

Anita Webster, spokesperson for the festival, attributed the record attendance to the sunshine.

> *« As long as you paddle hard, you can be competitive at any age. That's the great thing about dragon boating. »*
>
> *Competitor Karmen Aulakh*

"The combination of the weather and the open site this weekend has meant we've had a fantastic turnout," she said yesterday. "I'm really, really pleased with the way the festival has gone."

The categories are separated into competitive and recreational with multiple divisions within those.

For Competitive A, the False Creek Racing Canoe Club A (FCRCC) placed first at 1:55:150, and Mauna Hale placed a close second, at 1:55:920.

For Competitive B, Masters of D'Zone placed first at 2:07:950 and Sudden Impact Black second, at 2:08:4570.

Karmen Aulakh of Sudden Impact Black has been competing for eight years and calls it the "greatest sport in the world."

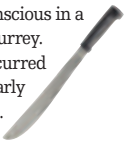
"It's a great team sport," he said, adding that the ages of the other people on his team range from 19 to 53. "As long as you paddle hard, you can be competitive at any age. That's the great thing about dragon boating."

Belinda Lau, whose team PWC Paddlers scored a bronze medal in the Recreational E division, said her role is particularly exciting.

"As a drummer you get to see all the action and keep the pace," she said. You see everything and it's really exciting."

There were 170 registered teams this year, with 27 people on each team, for a total of 4,600 racers.

Two injured with machete



Two men are recovering today after one had his thumb cut off and the other was left unconscious in a machete attack in Surrey.

The assault occurred near Tannery Park early Saturday morning. RCMP Insp. Darren Lench said a group of youths were partying at the beach when they were approached by a smaller group that included at least one person armed with a machete.

The two groups fought leaving several people injured, including one who had to be taken to hospital with head injuries. The man who lost his thumb has since had it reattached.

No arrests have been made.

JOYCE YIP/FOR METRO VANCOUVER

Man dies after fight with cop

Police are investigating the death of a Surrey man following a violent confrontation with a lone female police officer last week.

David James Stitt, 46, died Thursday in hospital.

The incident began before midnight Tuesday when Stitt approached the officer with a broomstick. The officer pepper sprayed him and then struck him in the lower body with her baton.

With the help of two bystanders and a second police officer, Stitt was handcuffed and arrested.

He later collapsed. CPR was administered and Stitt was taken to hospital in critical condition.

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local

Starting today residents outside of Metro Vancouver will have less than two months to get used to punching in 10 digits to make local phone calls. Until Sept. 8, users can still use seven-digit dialing without the 250 area code, but they'll have to listen to a gentle reminder to dial the 10 digits.

SOURCE: CBC NEWS ONLINE

Metal theft hits park

Police say statue worth $5,000 likely to be sold for scrap

By **JEFF HODSON**
Metro Vancouver

JEFF HODSON/METRO VANCOUVER

A tourist poses with bronze statues at Queen Elizabeth Park yesterday. On Thursday, thieves stole one of the four statues.

As they posed for photos with a pair of bronze statues, many tourists at Queen Elizabeth Park yesterday seemed unaware that one of the statues was missing and will likely be sold for scrap.

On Thursday, thieves removed one of four statues of the life-size sculpture Photo Session, depicting three people having their photo taken by a fourth.

Jane Brasset, of Port Coquitlam, said that while the theft is sad, its absence creates a natural place for people to be part of the sculpture.

"It's a great place to stand," said Brasset, as she watched tourists snuggle into the welcoming arm of one of the remaining statues.

"Before you were always butting up against them. Now you're in the picture."

Police estimate the value of the statue at $5,000 and are worried it will be melted down and sold, part of a "dramatic increase" in metal theft over the past several years. Four bronze plaques were also stolen.

Parks Comm. Loretta Woodcock called the theft "sacrilegious" and said there will be increased security to ensure no further damage is done.

Ruth Martel, a guide who has been leading tours through the park for four years, said the statue is a hit with tourists — in part because of the subtle infidelity within an apparently mundane photo session.

The man in the photo has his hand on the backside of the women to his right — the wife of the picture-taker.

artist

» Photo Session was created by American sculptor J. Seward Johnson Jr.
» The artist also sculpted Search, located at Denman and West Georgia streets, depicting a woman sitting on bench and looking into her purse.

3 feet not linked to crash victims

DNA tests rule out plane passengers

After five human feet washed up along B.C.'s coast within 11 months there is no shortage of speculation on where they may have come from.

A popular theory is that they originated from a 2005 plane crash off Quadra Island in which four of five bodies were never recovered. DNA tests, however, have concluded that three of the feet do not match any of the victims. Results are still pending for the remaining two.

Other theories include human traffickers, serial killers and drug dealers.

Eric Kunze, who conducts research into ocean physics at the University of Victoria, said the theory that the feet belong to victims of the 2004 tsunami is unlikely.

"If feet were coming through from (Asia), we would have thousands of feet coming onto the shores of B.C.," he said. "From an oceanographic standpoint, all we can really say at this point is they originated somewhere from the Strait of Georgia."

missing

» More than 20 men have gone missing in Vancouver in the past few years, and their disappearances have never been accounted for.

Dean Hildebrand, a forensic scientist at British Columbia Institute of Technology, who is working with the B.C. Coroners Service, said while the answers may not be available yet, progress is being made.

"Forensic science takes time, especially when you're making linkages," he said. "While it's certainly unique to be finding so many feet in a row, it's not that unusual to find bones and human remains washed up on shores."

TORSTAR NEWS SERVICE

Leftover food responsible for bear sightings, police say

West Vancouver police are urging residents to be mindful of their trash or food items after they received 24 calls about bears near homes or schools since the beginning of June.

In the past week, police have received an average of three to five bear-related calls per day.

In one incident, a West Van resident had a bear on his property after a food delivery service left food on his doorstep in a cooler.

Most of the bear calls, police said, involve careless handling of food, garbage and bear-attractors like bird feeders. Later in the year, leaving fruit on fruit trees is also a major attractor.

METRO VANCOUVER

»news In Brief

» **CABLES** Not even the Mounties are immune to a wave of cable thefts in the Lower Mainland, news1130.com reports. An RCMP facility in Surrey lost phone service this weekend after thieves stole 150 metres of cable along Fraser Highway near 140th Street.

» **WILDFIRES** B.C. is helping to build Greece's ability to respond to wildfires, Premier Gordon Campbell said yesterday. B.C.'s protection program will train members of the Hellenic Fire Brigade in aviation management and wildland firefighting.

METRO NEWS SERVICES

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PCTIA ACCREDITED

A 70-year-old Vancouver woman has lost $20,000 of her life-savings after she was duped into buying a "lucky" bracelet. Three well-dressed women approached the senior, who was waiting for a bus at Nanaimo and Hastings streets, and convinced her that the bracelet — worth only about $40 according to police — would bring her good luck and health. SOURCE: CBC.CA/BC

See-through security at Kelowna

Pilot project for screening system begins today

By **ANDREW KING**
for Metro Vancouver

Security officials at the Kelowna International Airport will get to see a lot more of passengers today when they begin using new screening technology that sees through clothing.

The Canadian Air Transport Security Authority (CATSA) announced that Kelowna's airport will be the guinea pig for the millimetre wave body imaging system that uses a low-level radio frequency to create a three-dimensional image of passengers to detect weapons or other dangerous objects hidden beneath their clothing.

trial run

» The system will operate on a volunteer trial basis until Jan. 30, 2009 when CATSA will deliver its recommendations to Transport Canada.

"Our voluntary pilot project will enable us to see if the technology can accelerate the screening process by cutting down the number of physical searches," CATSA's interim chief executive officer Kevin McGarr said in a release.

The security officer who operates the machine sees only a simplified image of passengers' bodies. Another officer, in a private room, sees full detailed black-and-white images.

In Vancouver yesterday, some travellers said the new system makes them uncomfortable. Janine Delabarre and friend Melanie Osmack, both mothers of young children, said that they did not think it was appropriate and "wouldn't be for it," especially if children are involved.

Charles Armstrong, visiting from England, said that he didn't think the increased security measures would help make people safer.

"I think you get enough security now," said Armstrong. "You can't stop everything."

»news In Brief

» **FIRE** Two people had to be treated for smoke inhalation after a fire in East Vancouver, *news1130.com* reports. On Friday, firefighters took half an hour to extinguish the fire at the six-storey building, where a number of disabled people live. No other tenants were injured.

» **KIDNAPPING** Police are still looking for two possible kidnappers of a 20-year-old Vancouver man. Mohammed Rahimi and Calvin Leung are wanted on Canada-wide warrants after a kidnapping on June 12 with another culprit, who was arrested last Friday. The victim was found the next day.

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Lab dismantling closes road

Drug barn likely linked to organized crime: RCMP

By **ANDREA WOO**
for Metro Vancouver

RAFE ARNOTT/METRO VANCOUVER

River Road remained closed yesterday after police discovered an ecstasy lab filled with guns, explosives and hazardous chemicals.

Police are hoping to re-open a section of River Road today that has been blocked off since Friday as they investigate and dismantle one of the biggest drug labs in Richmond's history.

The barn, located at 21880 River Rd. near No. 7 Road, is the subject of an investigation that is seven months long and counting. On Friday morning, the RCMP's Federal Drug Enforcement branch and Richmond RCMP executed a search warrant and discovered firearms, explosives, materials for making ecstasy and a large amount of finished product. Police believe the drugs were to be sold in B.C. and beyond.

Five people have been arrested in connection with the lab so far, with more expected. They will remain in custody until formal charges are laid.

While the exact quantity or street value of drugs is not yet known, Cpl. Nycki Basra called the lab a "very, very substantial sized operation."

"The very fact that this investigation is being co-ordinated by the federal drug enforcement branch, and the size and magnitude of this lab, makes us fairly confident this is linked to organized crime," she said.

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NDP gender decision panned

Residents think new policy excludes talent

By **ANDREW KING**
for Metro Vancouver

The NDP's mandate to seek a woman to run in a by-election to replace Vancouver mayoral candidate Gregor Robertson in the Vancouver-Fairview riding has drawn criticism from some residents.

The move falls in line with the party's new rule to fill legislative seats with women and minorities only.

Vancouver resident Robert Bennett said that while he believes a "glass ceiling" still exists for women in politics, it could limit the NDP's pool of available talent.

"… It seems to be a foolish decision in the context of that riding … my guess is that (NDP Leader Carole Taylor) has now endangered that seat."

Luba Kamenko called the NDP's mandate "lame."

"You can't just fill a position based on gender," she said.

Isabel Gagné agreed with her friend's opinion.

"I think the NDP does support minorities, but it's one thing to support it and one thing to exclude people … I don't think it's a good decision on their part," said Gagné.

what do you think?

» Let us know by e-mailing us at vancouverletters@metronews.ca

canada

Republican John McCain, left, defended the North American Free Trade Agreement in Ottawa Friday during an unusual foreign trip as a U.S. presidential candidate to draw a contrast with Barack Obama, his Democratic rival in the November election. REUTERS

Liberals to court immigrant voters

Opposition hopes to reconnect with cultural supporters

Conservative reform

» This month, Prime Minister Stephen Harper's government managed to slip an important immigration reform into a budget bill — resulting in more power for Immigration Minister Diane Finley to decide who gets in and who stays out of the country.

While Liberal Leader Stéphane Dion is out this summer selling his "green-shift" plan, his deputy, Michael Ignatieff, will be on the road as well, trying to put together a new party platform on the crucial issue of immigration.

Ignatieff and longtime Liberal MP Maurizio Bevilacqua are in the midst of planning a cross-country trek to get ideas on immigration reform and reconnect the Liberal party to its cultural-community bases across Canada.

"Mr. Ignatieff and Mr. Bevilacqua will work on an immigration plan. They will consult," Dion told Torstar News Service. "We don't like what the Conservatives have done on immigration, but we want to come with a good plan to propose to Canadians and Michael and Maurizio have decided they will come with recommendations for the party."

The federal Liberals once owned the immigration issue in Canada and counted immigrants as a rock-solid base of support.

But that base has been eroded by concerted Conservative attempts to court various ethnic groups with everything ranging from money to apologies to government greeting cards on holidays.

Details of the cross-country trek and the outlines of their mission are still being worked out by party officials.

TORSTAR NEWS SERVICE

Toronto **Mothers' plea**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Karen Ellis, left, and Susan Dudeck made a public appeal for information yesterday into the murder of their sons, Dylan Ellis and Oliver Martin. Dylan and Oliver were shot to death outside a downtown Toronto apartment building on June 13.

»news In Brief

» **OTTAWA** Security is very tight today as Momin Khawaja's trial begins in Ottawa. Khawaja is the first person charged under Canadian anti-terrorism laws put in place after September 11, 2001, for his alleged role in a British bomb plot. He has pleaded not guilty.

» **PROBE** Alberta will launch an investigation on fees allegedly paid by Chinese workers who later died while working on a tank in northern Alberta last year, Premier Ed Stelmach said yesterday.

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Ilene had problems falling asleep and would usually wake up several times a night. "It was really frustrating lying in bed unable to sleep. Thoughts churn in your head and small problems seem enormous. And the next day I really had problems concentrating or getting anything done, simply because I was so tired."

Tried the new Melissa tablets

"As my sleep problem seemed to get worse with time, I looked into what could help. I read about Lemon Balm and how it can make you relax and sleep better. I went to my local health food store to get advice and they recommended a new Scandinavian product, called Melissa, which is a natural formula of extracts – among these Lemon balm and Chamomile."

Amazing to wake up after a sound night of sleep

"Now I have used Melissa for a week and it works wonderfully. I feel fantastic. I take the tablets one hour before bedtime, and feel the relaxation after only 30 minutes. Falling asleep feels natural and I find my sleep is much deeper than before. It's an amazing feeling to wake up after a long night of sound sleep!"

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world

Iraq's provincial elections could be delayed because of disputes over electoral law, several lawmakers said yesterday. REUTERS

Bomber kills 15 in Iraq

Suicide attack by woman aimed at police officers

A female suicide bomber blew herself up among policemen outside a restaurant north of Baghdad yesterday, killing 15 people and wounding 35, Iraqi police said.

The attack took place in Baquba, capital of multi-ethnic Diyala province, where Sunni Islamist al Qaeda militants have sought to sow tension despite a succession of military offensives that have put the group on the back foot.

Police said the woman walked over to a group of policemen outside a restaurant then detonated explosives under her clothing. Several cars were set on fire.

"When she approached the police patrol, a powerful blast ripped through the area," said Adnan Fayadh, a photocopy shop owner who was nearby.

Police and the U.S. military said 15 people were killed in the attack, which was also near a number of government buildings in Baquba, 65 kilometres north of Baghdad. The U.S. military said the dead included seven policemen.

At a hospital morgue, white sheets covered most of the dead. A man wailed over a body lying on a stretcher.

Violence in Iraq has dropped to a four-year low, but yesterday's bombing was the second big attack in the past week.

U.S. forces have blamed a rogue Shiite militia group for a truck bomb that killed 63 people in Baghdad last Tuesday. That was the deadliest attack in Baghdad in more than three months. REUTERS

rise in female suicide bombers

» The U.S. military said 21 female suicide bombers had carried out attacks this year. Most have been in Diyala and Baghdad. Security officials have blamed those bombings on al Qaeda, which they say has sought to recruit women because they can sometimes escape strict security checks on men.

Taiwan **130 couples exchange vows**

NICKY LOH/REUTERS

Couples pose for a group photo during a mass beach wedding ceremony in Linshanpi near Baishanwan, Taipei County, yesterday. More than 130 couples gathered yesterday at the beach on the northern coast of Taiwan to exchange wedding vows in the event organized by the Taipei County government and the tourism bureau.

Over 800 missing after Philippine ferry capsizes

Rescuers scoured the rough seas around a capsized ferry in the central Philippines early today in a desperate search for more than 800 people still missing after it sank two days ago in a deadly typhoon.

Coast guard boats searched the area around the 23,824-gross-tonne ferry and divers were expected to drill into the side of the vessel where they hope survivors might be alive in air pockets.

Typhoon Fengshen, with maximum gusts of 195 kph has killed at least 159 people in central and southern Philippines, with the western Visayas region, famed for its sandy beaches and sugar plantations, the worst affected.

Today's 28 survivors brings the total number to 32. Four people were confirmed dead yesterday. REUTERS

»news In Brief

» **CARLIN** Comedian George Carlin, a counter-culture hero famed for his routines about drugs and dirty words, died of heart failure at a Los Angeles-area hospital yesterday, a spokesman said. He was 71.

» **AFGHANISTAN** Up to 6,000 additional troops are urgently needed in Afghanistan and a failure to deploy them will only prolong the presence of Western forces in the country, a German NATO general said yesterday. REUTERS

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June 22, 2008	June 23, 2008	June 24, 2008	June 25, 2008
3 p.m.	1 p.m. or 7 p.m.	1 p.m. or 7 p.m.	9 a.m.
SHERATON VANCOUVER GUILDFORD HOTEL	**SHERATON VANCOUVER GUILDFORD HOTEL**	**RICHMOND AIRPORT EXECUTIVE PLAZA**	**VANCOUVER FAIRMONT**
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CRA341BFP Tab (4C) - Metro Vancouver - Vancouver WK25

business

The main militant group in Nigeria's oil-producing Niger Delta said yesterday it would observe a unilateral ceasefire from midnight tomorrow after a request from local elders. REUTERS

Saudis pledge more oil

But oil minister skeptical increase will calm market

Top exporter Saudi Arabia is ready to pump more oil for the rest of the year, although that is unlikely to tame record prices, Saudi Arabian Oil Minister Ali al-Naimi said yesterday.

"I am convinced that the supply and demand balances and crude oil production levels are not the primary drivers of the current market situation and that markets are already well-supplied," Naimi said at the unprecedented meeting in Jeddah, Saudi Arabia, in response to record moves on the oil market.

Ali al-Naimi

Saudi Arabia has already said it will produce 9.7 million bpd in July, marking an increase in output of 550,000 bpd since May. For the longer term, Naimi said Saudi Arabia could increase its available capacity by an extra 2.5 million bpd above a current plan to reach 12.5 million bpd by next year.

Apart from the short-term supply-demand balance, investors have bought into futures markets because they believe oil supplies will be under strain for the foreseeable future. REUTERS

Canada backs G8 call to probe oil speculation

Canada's Natural Resources Minister Gary Lunn said yesterday he pushed at an emergency meeting in Saudi Arabia of oil producing and consuming countries for more transparency in global oil markets to allow supply and demand to be the biggest influences on prices.

Lunn said Canada, the top energy supplier to the United States, supports the call from G8 finance ministers for investigations into the role of speculation in the surge of oil prices to near $140 a barrel.

He resisted any notion of regulating domestic fuel prices. REUTERS

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Surrey – June 24, 6:00 – 7:00 pm, Sheraton Guildford, Green Timbers 2 Room
Downtown Vancouver – June 25, 5:30 – 6:30 pm, CMA Office, 1055 – 555 Burrard Street

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U.K.'s PM to open up energy markets

British Prime Minister Gordon Brown pledged yesterday to open Britain's energy markets to foreign investors in a "new deal" designed to promote clean energy and end a conflict of interest between oil producers and consumers.

At an emergency oil summit in Jeddah, Brown unveiled plans to work with Saudi Arabia on technology to capture carbon emissions from energy plants and with the United Arab Emirates on nuclear technology.

He said Britain and Qatar were looking at a new joint energy fund to invest in British energy industries, and that talks with the Abu Dhabi Investment Authority about investment opportunities in Britain were moving forward. "We want them to invest in alternative sources of energy in our economies, just as we want them to allow our efficient oil companies to have a role to play in the oil production of the oil producing countries." REUTERS

Luxury brands wary of 'made in Asia' label

Many fashionistas are confused over what is real, what is fake, and whether a product's country of origin says anything about its quality.

Even a "made in Italy" label no longer guarantees that a bag or a pair of shoes was hand crafted by artisans in a Tuscan workshop. Instead, the bag could have been stitched together by illegal workers in clandestine Italian factories. And yet, Asian manufacturing remains a taboo in the luxury sector. Faced with shoppers' concerns about product quality, environmental standards and working conditions in Asia, many European luxury goods makers swear that their factories will stay close to home. REUTERS

»news In Brief

» **EXPLOSIVES** Mining companies' big profits are being eaten into by spiraling energy costs and rising prices for explosives because of the high price of natural gas — used to produce ammonium nitrate, a key ingredient in explosives. REUTERS

metro
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6596 Victoria Drive

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735 Gore Avenue

UNIPAGE
Royal Centre
3565 Kingsway
88 West Pender Street

ABBOTSFORD
SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY
CELLULAR BABY
Lougheed Town Centre
Metropolis at Metrotown
Metrotown Centre

ICOREA COMMUNICATIONS
Hannam Supermarket, 4501 North Road #106

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Madison Centre Mall

PEPPER WIRELESS
Crystal Mall

UNIPAGE
Crystal Mall
Metrotown Centre

COQUITLAM
UNIPAGE
Henderson Mall

DELTA
WIRELESS WORLD
Scottsdale Mall

LANGLEY
ORANGEWAVE
20226 Fraser Highway, Unit 122

MAPLE RIDGE
SKYNET
Haney Place Mall

NEW WESTMINSTER
PEPPER WIRELESS
Royal City Centre

PORT COQUITLAM
SKYNET
2564 Shaughnessy Street, Unit 104
101A – 2748 Lougheed Highway

RICHMOND
CELLULAR BABY
Richmond Centre

CELLUNET
4020 No 5 Road

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre
Richmond Public Market

UNIPAGE
Aberdeen Centre
Lansdowne Centre
Parker Place

SURREY
ICOREA COMMUNICATIONS
1-15357 – 104th Avenue
3-13634 – 104th Avenue

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Peninsula Village
6926 King George Hwy
Real Canadian Superstore, 7550 King George Hwy
107 - 15551 Fraser Highway

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SKYNET
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9182 – 120th Street

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sports

Blythe Hartley, left, of North Vancouver, and Jennifer Abel of Laval, Que., are the latest divers to join the Canadian Olympic team after finishing first and second, respectively, in the women's springboard event at the diving trials in Saanich yesterday. METRO NEWS SERVICES

Chinese legend en garde for Canada

YORK REPORT
MARTY YORK
marty.york@metronews.ca

Beijing 2008 Olympic Preview

Jujie Luan received a clean bill of health from her doctor in Edmonton the other day.

What does this have to do with the price of tea in China?

Well, nothing, but it certainly will increase the price of Olympic tickets in China.

Luan, see, is a Chinese legend. She won a gold medal for China in fencing in 1984. She is officially listed as one of China's top 50 sports stars. Her image has adorned Chinese postage stamps. A movie chronicled her life. There were several Chinese bestselling books about her. Chinese youngsters still study her feats in textbooks. She is as recognizable in China as, say, **Wayne Gretzky** in Canada.

You get the picture.

Now, Luan is hoping to become a two-country legend. At the ripe young age of 50, and after retirement stints of 12 and eight years, Luan qualified recently to represent Canada at this summer's Olympics in China, although she wasn't certain she'd be able to compete until the aforementioned appointment with her doctor.

"I've been very tired lately," she told me via cell as she left the doctor's office. "I needed blood tests. It's my thyroid, but it's OK and I'm going to Beijing."

She'll be a scalper's delight there. She'll draw capacity crowds. She may be the most compelling story at the Games.

Her return is "already all over the Chinese newspapers," said Luan's husband, **Dajin Gu**. "I don't think it's common knowledge in Canada, but it's major, major news there."

Jujie insisted she isn't nervous. "I'm fine mentally," she said. "I've been through a lot."

True. She joined China's national fencing team at 16 and became the world's best despite a serious kidney ailment. In 1983, she grew fond of Edmonton while at the World University Games and moved to the city six years later to study English at the University of Alberta. She became a Canadian citizen and was inducted into Edmonton's Hall of Fame this week.

"We would have returned to China, but our oldest child was born here with Down's syndrome and we knew we couldn't get affordable health care there," Gu explained. "So we stayed.

"Canada's great. I do nothing. Jujie teaches and coaches (fencing in Edmonton). Our children (**Jessica**, 16, **Jerrica**, 14, and **Daniel**, 10) are happy."

They'd be happier, of course, if mom wins another medal, but Gu has cautioned them.

"She has no chance," he said. "Fencing is a young people's sport. Jujie has great technique and she dreams of another medal, but reality is reality."

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

BEN LEMPHERS/FOR METRO VANCOUVER

Master fencer Jujie Luan, who has taught the sport at the Edmonton Fencing Club for 20 years, will be representing Canada at the Beijing Olympics in August.

Stamkos taken No. 1 in draft by Lightning

Centre relieved to finally be drafted

The Tampa Bay Lightning did as predicted this weekend and selected centreman Steven Stamkos with the first overall pick in the 2008 NHL entry Draft in Ottawa.

Stamkos was the top-rated North American skater by NHL Central Scouting and solidified his standing as the best available player in this year's draft with an excellent 2007-08 season. He led the OHL Sarnia Sting with 105 points in 61 games.

"To tell you the truth right now, it's a relief to get my name called by the Tampa Bay Lightning," said Stamkos. "I can finally throw out those ifs, ands, or buts we've been talking about the last couple of weeks."

With the 10th overall pick, the Vancouver Canucks took Brampton Battalion centre Cody Hodgson. In 68 games with the Ontario Hockey League team last season, Hodgson posted 40 goals and 45 assists.

top 5 choices

» 1. Tampa Bay, C-Steven Stamkos (Sarnia); 2. Los Angeles, D-Drew Doughty (Guelph); 3. Atlanta, D-Zach Bogosian (Peterborough); 4. St. Louis, D- Alex Pietrangelo (Niagara); 5. Toronto (from NYI), D-Luke Schenn (Kelowna).

The Canucks then selected defenceman Yann Sauve from the QMJHL Saint John Sea Dogs 41st overall in the second round.

Vancouver also picked centre Prab Rai (fifth round, 131st overall, Seattle, WHL), centre Mats Froshaug (sixth round, 161st overall, Linkoping Jr., Sweden), and goalie Morgan Clark (seventh round, 191st overall, Red Deer, WHL).

METRO NEWS SERVICES

CLIVE MASON/GETTY IMAGES

Spain goalkeeper Iker Casillas saves a penalty yesterday during a Euro 2008 quarter-final against Italy in Vienna, Austria. Spain will play Russia on Thursday in one semifinal.

Casillas saves Spain

EURO 2008

Spain beat Italy 4-2 on penalties after a goalless Euro 2008 quarter-final yesterday to end their shootout jinx and reach the last four of a major tournament for the first time in 24 years.

They will now face Russia, who they thrashed 4-1 in their opening group game, thanks to substitute midfielder Cesc Fabregas who scored the decisive spot kick after Iker Casillas had saved two of Italy's penalties.

It is the first time Spain have reached the last four since they got to the European Championship final in 1984 and came after they had lost three previous quarter-final shootouts in major tournaments, all on June 22.

REUTERS

»sports In Brief

» **HORSE RACING** Not Bourbon held off Ginger Brew to capture the 149th running of the Queen's Plate, Canada's most famous horse race, yesterday at Woodbine Racetrack in Toronto. Not Bourbon picked up a pot of $600,000 as he now approaches the $1-million plateau, with a career bankroll of $961,160.

» **FORMULA ONE** Felipe Massa led a Ferrari one-two to win the French Grand Prix yesterday and take the lead in the Formula One championship for the first time.

» **GOLF** American Stewart Cink held his nerve to win his first PGA Tour title in almost four years with a one-shot victory at the Travelers Championship yesterday in Cromwell, Conn.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS
INTERLEAGUE
Atlanta 8 Seattle 3
Boston 5 St. Louis 3 (13 ings)
Detroit 5 San Diego 3
Houston 3 Tampa Bay 2
Kansas City 11 San Francisco 10
L.A. Angels 3 Philadelphia 2
L.A. Dodgers 4 Cleveland 3
Milwaukee 7 Baltimore 3
Minnesota 5 Arizona 3
N.Y. Yankees 4 Cincinnati 1
Oakland 7 Florida 1
Texas 5 Washington 3
Toronto 8 Pittsburgh 5
Chicago Cubs 7 Chicago Sox 1
NATIONAL LEAGUE
N.Y. Mets 3 Colorado 1

TODAY'S GAMES
INTERLEAGUE
Arizona at Boston, 4:05
Seattle at N.Y. Mets, 4:10
L.A. Angels at Washington, 4:10
Colorado at Kansas City, 5:10
NATIONAL LEAGUE
Milwaukee at Atlanta, 4:10

CFL

REGULAR SEASON
WEEK 1
THURSDAY'S GAMES
Montreal at Hamilton, 4
B.C. at Calgary, 7
FRIDAY'S GAME
Toronto at Winnipeg, 5
SATURDAY'S GAME
Edmonton at Saskatchewan, 4:30

SOCCER

UNITED SOCCER LEAGUE GAMES FEATURING THE VANCOUVER WHITECAPS' MEN'S TEAM:
LAST NIGHT'S RESULT
VANCOUVER 1 Miami 1
WEDNESDAY'S GAME
Montreal at VANCOUVER, 8

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
Yakima 7 VANCOUVER 6
TONIGHT'S GAME
VANCOUVER at Yakima, 7:05

EURO 2008

QUARTER-FINALS
YESTERDAY'S RESULT
Spain 0 Italy 0 (Spain advances 4-2 on penalties)
SATURDAY'S RESULT
Russia 3 Netherlands 1 (extra time)
FRIDAY'S RESULT
Croatia 1 Turkey 1 (Turkey advances 3-1 on penalties)
THURSDAY'S RESULT
Germany 3 Portugal 2
SEMIFINALS
WEDNESDAY'S GAME
Germany vs. Turkey, 11:45
THURSDAY'S GAME
Russia vs. Spain, 11:45
CHAMPIONSHIP FINAL
SUNDAY, JUNE 29
Semifinal winners, 11:45

LOTTERIES

Friday, June 20, 2008
Lotto Super 7 7, 11, 26, 33, 34, 40 & 46. Bonus 25.
Extra 06, 42, 65, 67.
Saturday, June 21, 2008
Lotto 6/49 6, 7, 14, 16, 17 & 27 Bonus 32.
B.C. 49 09, 15, 36, 45, 46 & 48. Bonus 41.
Extra 04, 19, 86, 92.
Results not official

Canadian Idol™
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THE OFFICIAL TOP 24
VIEWING GUIDE
MEET YOUR
TOP 24 IDOLS
CTV

LINDSAY
BARR
AGE 26
SINGER/WRITER/
ART STUDENT
HALIFAX, NS
LISA
BELL
AGE 27
COFFEE SHOP MANAGER/
BANK TELLER
WINNIPEG, MB
MARIE-PIERRE
BELLEROSE
AGE 25
BARTENDER
QUÉBEC CITY, QC
ADAM
CASTELLI
AGE 26
CARPENTER/
SINGER/SONGWRITER
HAMILTON, ON
PAUL
CLIFFORD
AGE 26
BARTENDER
PORT MOODY, BC
JESSE
COTTAM
AGE 23
MUSIC TEACHER/
MUSICIAN
CALGARY, AB

GARY
MORISSETTE
AGE 21
MUSICIAN/
CONSTRUCTION WORKER
FRUITVALE, BC
MOOKIE
MORRIS
AGE 18
MUSICIAN
TORONTO, ON
TETIANA
OSTAPOWYCH
AGE 25
SESSION SINGER/
SONGWRITER/SERVER
TORONTO, ON
OLIVER
PIGOTT
AGE 27
SINGER/
SONGWRITER
TORONTO, ON
SEBASTIAN
PIGOTT
AGE 25
ACTOR/WRITER
TORONTO, ON
LINDSAY
ROBINS
AGE 21
SINGER/
SONGWRITER
MONTRÉAL, QC

KATELYN
DAWN
AGE 19
SINGER/
SONGWRITER
WINNIPEG, MB
MARK
DAY
AGE 20
STUDENT/
RESPITE CARE WORKER
PORTUGAL COVE, NL
SHAUN
FRANCISCO
AGE 25
BARISTA AT
A COFFEE SHOP
VANCOUVER, BC
MARTIN
KERR
AGE 25
INDEPENDENT
SINGER/SONGWRITER
EDMONTON, AB
OMAR
LUNAN
AGE 29
REGISTERED
MASSAGE THERAPIST
SCARBOROUGH, ON
MITCH
MACDONALD
AGE 22
CARPENTER/
MUSICIAN
PORT HOOD, NS

JESSICA
SHEPPARD
AGE 22
VISUAL MANAGER
TORONTO, ON
EARL
STEVENSON
AGE 23
SWAMPER FOR A
BACKHOE OPERATOR
LLOYDMINSTER, AB
KATHERINE
ST-LAURENT
AGE 17
STUDENT
OTTERBURN PARK, QC
THEO
TAMS
AGE 22
STUDENT
LETHBRIDGE, AB
AMBERLY
THIESSEN
AGE 19
STUDENT
SEVEN PERSONS, AB
DREW
WRIGHT
AGE 28
MUSICIAN/
HOUSE PAINTER
COLLINGWOOD, ON

MEET CANADA'S NEWEST IDOLS

Nearly 10,000 auditioned, only 24 are left – now it's up to you to decide the rest. Tonight, for the first time in Canadian Idol history, 24 competitors will advance to the next phase of the competition on CTV. It's the beginning of a journey that will end with the crowning of the newest Canadian Idol in September.

Ranging in age from 17 to 29, the Top 24 were selected following an exhaustive search that took Canadian Idol judges to 10 cities and one "online stop" on the three-month audition tour. Among this season's elite group are a carpenter, a student, a housepainter, a songwriter, a backhoe operator, a music teacher, a respite care worker, a coffee barista and more, all representing Canada from coast to coast.

Now it's your turn, Canada! Over the next few weeks, the Top 24 will compete for your votes – only you can decide who will advance to the Top 10. Each vote means the chance to make dreams come true. Multiple competitors will be sent home every Wednesday, with 14 singers exiting the competition in just three short weeks. Canada has just one chance to get it right and choose the best 10 competitors who will be left vying for the prize. These 10 singers will entertain the country for the rest of the summer as part of Canada's biggest summertime television event. Get ready to vote!

2008 BROADCAST SCHEDULE

Monday, June 23	First group performs
Tuesday, June 24	Second group performs
Wednesday, June 25	Results Show
Monday, June 30	First group performs
Tuesday, July 1	Second group performs
Wednesday, July 2	Results Show
Monday, July 7	First group performs
Tuesday, July 8	Second group performs
Wednesday, July 9	Results Show (Top 10 are announced)
Monday, July 14	First Top 10 Performance Show

idol.ctv.ca

CTV

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Host Ben Mulroney and Mentor Jully Black

workology

Two new websites catering to visible minorities and new Canadians who are on the hunt for a job recently launched. Check them out at *NewCanadianJobs.com* and *Visibleminorityjobs.com*. METRO NEWS SERVICES

How to accomplish success

Book details famous people's quest for the top

By **RAFAEL BRUSILOW**
for Metro Vancouver

Three new authors hope their book will answer an illuminating question — how did some of Canada's most famous and successful individuals get to where they are today?

Andrew Feindel, Alexander Herman and Paul Matthews were first profiled in Metro back in 2006 where we documented their struggles to get their book published as new authors with no experience but a whopper of an idea.

Today, their book Kickstart: How Successful Canadians Got Started features dozens of interviews with some of Canada's most notable and successful public figures, including dancer Karen Kain, athlete Rick Hansen, business mogul and philanthropist Peter Munk and even former prime minister Brian Mulroney.

Since most new graduates experience some form of uncertainty about what to do next in their lives, the authors figured the best way to find out how to achieve success was from Canadians who had already done it. Luckily for the rest of us, most interviewees confirmed that their early years were just as uncertain and restless as one might expect.

"In general, no one really knew what they were doing," said author Alexander Herman.

"It shows there's no single road map to get where you want to go," added co-author Andrew Feindel.

> *« In general, no one really knew what they were doing."*
> Co-author of Kickstart
> Alexander Herman

If any one piece of advice seems to cut across all lives from the book, it would be to do what you love, not what you feel you have to do to make a living.

"One of the things that held a lot of stories together is that people were doing things they loved to do. They were quite passionate about what they do. The message was no matter what you're doing, if you really like something you can find a way of making that your career," Herman said.

Feindel and Herman say the hardest part was getting people to speak with them when they first started working on the book, since they had no publisher and no experience. Meanwhile, publishers didn't want to give them the time of day since they had not completed enough interviews to have a book. It was a paralyzing Catch-22 scenario that seemed impossible to escape from.

"Publishers would say to us, 'Great idea, come to us when you have it finished.' The people we would try to interview would say, 'Great idea — when you have a publishing deal, then we'll talk,'" Feindel said.

Luckily, as more interviews started rolling in, convincing other interviewees to participate became easier due to word-of-mouth and name recognition. Still, some interviews took a lot of effort to secure — it took two years to get Brian Mulroney into the book, for example.

Rather than relying solely on their own perceptions of influential Canadians, Feindel, Herman and Matthews hit up the interviewees themselves to recommend people to include in the book.

"We asked interviewees, 'Who would you like to see in a book like this?'" Feindel said.

Plenty of interviews were edited out for space, so expect to see them if the book becomes successful.

"There's room for a sequel!" Herman joked.

RAFAEL BRUSILOW/FOR METRO VANCOUVER

Alexander Herman, left, and Andrew Feindel, two of the three authors of Kickstart, hold their published book.

In their own words...

By **RAFAEL BRUSILOW**
for Metro Vancouver

Some quotes from famous and successful people from the book:

"Through my twenties, I never worried about the direction of my career. I only concerned myself with being able to make my next project."
–FILMMAKER DEEPA MEHTA

"Don't go after the money. Go after what you love. The money will come as a side benefit."
–HUSKY INJECTION MOULDING SYSTEMS FOUNDER ROBERT SCHAD

"Too few women today feel comfortable demonstrating confidence. They feel their role is to be weak. For a woman to be successful, she has to act like a lady and work like a dog."
–HAZEL MCCALLION, ELEVEN-TERM MAYOR OF MISSISSAUGA, ONT.

Union law struck down

The U.S. Supreme Court struck down last week a California law that prohibits employers from using state money to influence employees' views on unions in their workplace.

By a 7-2 vote, the high court sided with the U.S. Chamber of Commerce business group and with the Bush administration. It ruled federal labour law pre-empted the California law adopted in 2000 and the first of its kind in the nation.

The law prohibits employers who receive state funds and grants from using the money to "assist, promote or deter union organizing." It also requires companies to maintain detailed records on how public money has been spent.

Opponents also argued the California law unconstitutionally restricted employers' speech in violation of their First Amendment rights.

California defended the law and said it simply sought to make sure the state does not subsidize an employer's union activities. The law allows the state to be neutral in labour disputes, California's lawyers said.

The Chamber of Commerce challenged the law in 2002 and won before a federal judge. But the full U.S. appeals court in California upheld the law, prompting the business group to appeal to the Supreme Court.

REUTERS

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Career hunting through the stars

Jobs in space attainable for all, MacLean says

By **RAFAEL BRUSILOW**
for Metro Vancouver

Renowned Canadian astronaut Steve MacLean wants Canadians to know a career in space isn't out of their reach.

The well-travelled space explorer, famous for having flown space flights aboard space shuttles Columbia and Atlantis, hit the road recently to convince Canadians that they have what it takes to be the newest additions to the Canadian Space Agency's (CSA) flying roster.

MacLean's road crusade comes on the heels of the announcement by Jim Prentice, minister of industry, that the CSA will recruit two new astronauts for upcoming space flight missions to the moon and Mars.

Though the odds seem steep — two positions out of an entire country of potential applicants — MacLean is adamant that qualified people shouldn't discount themselves too quickly. He believes plenty of suitable astronaut candidates lurk within Canada right now.

worth a shot

» MacLean, now 53, himself thought he had no chance of becoming an astronaut nearly 25 years ago but fatefully applied anyways.

"The talent that is out there in this country today speaks well to our future. There are hundreds of Canadians out there who can do this job," MacLean said.

Both eventual candidates will serve at least 10 years in the CSA and be trained for the planned 2018 NASA mission to the moon. That trip will also serve as a testing ground for the equipment and technologies expected to make possible a later trip to Mars.

RAFAEL BRUSILOW/FOR METRO VANCOUVER

Astronaut Steve MacLean says he never thought he had it in him to go to space when he applied to the CSA 25 years ago.

When looking for potential applicants, MacLean says that while smarts and skills are a good sign of talent (astronaut candidates should be particularly strong in sciences), people who are open-minded and who work well with others have a better chance of being considered. Training will take care of the rest.

"You have to be versatile, you have to work in a team. We need people who are balanced, people who have good communication skills. You can't expect anyone to already have what it takes but the training is so good that if you have an aptitude for it you'll develop into a competent astronaut," MacLean said.

Besides the two chosen astronauts, the CSA is looking to develop a pool of 20 outstanding candidates for future service as well.

MacLean admits that the joy of space flight is likely to be a big draw for applicants and rightly so, since he considers his trips to space probably the greatest experiences of his life. He says weightlessness is a feeling unlike any other.

"Every single muscle relaxes when you're flying in space. You will love it. It will become a part of you and something you will never forget," MacLean said.

MacLean hopes the upcoming missions will signal a newfound focus on space travel.

"I think we're at a turning point in the world. The future will be what we make of it," he said.

WHY CMA?

Gerald Chang
Manager, Corporate Development
Sauder Moulding and Millwork

Earning the distinction of being the youngest Manager in his company's 80 year history, Gerald Chang's experience spans from being a Financial Analyst, to a Business Development Manager for a Beijing consulting company to his current position as Manager, Corporate Development with Sauder Moulding and Millwork. Gerald began the **CMA Program** in September 2007.

"Thanks in large part to my experience and my current training in the CMA Program, I recently accepted a promotion and will be using a lot of what I learn as a CMA to enhance our company's leadership development and overall corporate strategy."

"I chose CMA because I wanted to differentiate myself by obtaining the designation that provides the best mix of strategy, leadership and accounting."

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For more information on the CMA Program contact Jameel Dawood: 604-484-7024 or Jameel@cmabc.com.

Mystery born from the 'real job'

Aspiring writer used hotel work for inspiration

HOT JOBS

By **ANDREW KING**
for Metro Vancouver

For one Vancouver writer hotels are full of "larger than life" characters and make the perfect setting for a murder mystery … novel that is.

Author and former general manager of the Opus Hotel in Yaletown, Daniel Craig, looked to years of experience in the hotel business for the inspiration behind his two murder mystery novels.

Craig

"I've never experienced a murder," said Craig laughing. "But I've certainly experienced everything else."

Craig talked about the long road he took to becoming a writer shortly before attending a book signing for his latest work, Murder At Hotel Cinema.

"They say write what you know," said Craig. "I thought, OK I'll set it in the hotel, that'll be a great place for a mystery."

Originally set on a career path that led to becoming a diplomat, Craig completed a degree in international relations and worked in a hotel to pay the bills. However, little did he know that the years he would spend working in luxury hotels would result in him fulfilling a lifelong dream of becoming a writer.

"I always wanted to be a writer," he said. "When I turned about 30 I realized that if I wanted to continue calling myself a writer I'd actually have to write something."

In 1994, Craig decided to pursue his passion and started writing his first novel, Murder At The Universe. However, it would take 10 years of early mornings, late nights and weekends spent writing to complete the book and get it published.

"While I was working full time it took me several years to complete it, I just kind of wrote it on weekends and when I could find time," he said. "I'd get up at four or five in the morning and write for a couple of hours and then I'd go to my real job."

Craig wouldn't say if his characters are based on his colleagues, but he did admit that people in the hotel business are unique and provide an endless array of story lines.

Daniel Craig's Murder At Hotel Cinema is based on Yaletown's Opus Hotel.

"In each hotel there's a certain cast of characters, anywhere from the dedicated manager … to you know, the woman who's always smiling and seems to be in a great mood all the time, and you kind of wonder if there's something more sinister behind the smile," he said.

Craig, who left his "real job" in December to concentrate on finishing his third and final murder mystery, is looking to move away from the genre that has brought him success and write a book about some of his experiences while working in hotels. But first, the former general manager is set to return to his day job managing a hotel in Montreal.

"I want to keep my hand in the hotel industry," he said. "I need more material."

» Office Yoga

By HEATHER DeLONG

This Week's Pose: Yoga Mudra Flow

» Five minutes of daily office yoga can help relieve physical tension, reduce mental stress and increase awareness of your posture at work.

» The word mudra in Sanskrit means gesture or seal. In this case, the mudra is the interlacing of the hands. This flowing chest and shoulder opener will release tension in the entire upper body, including the rib cage, chest and shoulders. Breathing deeply throughout the pose will help to expand the chest cavity increasing the flow of oxygen to the brain and revitalizing the internal organs.

» Remember that every aspect of the pose should feel comfortable and you should never feel any pain when doing yoga.

e:thale

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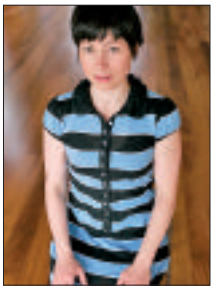
Step 1: Sit with your feet hip-width apart and your spine straight. Contract your abdominal muscles and take a deep breath as you inhale your arms over your head. You can look forward with your chin slightly tucked or if you neck is strong you can look up to the ceiling.

Step 2: As you exhale, round your spine, tuck your chin into your chest, and extend your arms straight out.

Step 4: Exhale here and squeeze your shoulder blades and palms together to open up your chest muscles and your heart center. With your next inhale reach your arms over your head and repeat the entire cycle.

Step 3: As you inhale, release your arms straight behind you interlacing your fingers with your palms facing each other.

Coming out of the pose: After your last exhale in Step 4, release your hand mudra and relax your hands on your knees. Roll your shoulders backward and then forward several times to release any tension.



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Wednesday, June 25 at noon - Room 627

Administrative Assistant
Thursday, June 26 at 11 a.m. - Room 622

Employment and Educational Access for Women (EEAW)
Thursday, June 26 at 2 p.m. - Room 424

Medical Office Assistant
Thursday, June 26 at 5 p.m. - Room 518

Culinary Arts
Friday, June 27 at 9:30 a.m. - Room 305 C

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WHY CMA?

Jonathan Irwin
General Manager
Paterson Countertops

As General Manager at Paterson Countertops, a family owned company, Jon Irwin's responsibilities cover almost all aspects of the business. Since September 2007, Jon has been enrolled in the **CMA Program.**

"I favoured the CMA designation specifically, as it brings accounting, management, and strategy together, three pillars of any successful business, and an invaluable skill set."

To find out how a CMA designation can benefit your career attend a CMA information session.

Register today as seating is limited. Call 604-484-7024.
June 24th, 6:00 – 7:00 pm, Surrey
Sheraton Guildford, Green Timbers 2 Room
June 25th, 5:30 – 6:30 pm, Vancouver
CMA Office, 1055 – 555 Burrard Street

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For more information on the CMA Program contact Jameel Dawood: 604-484-7024 or Jameel@cmabc.com.

How to dress to fit the part

Keep clothing classic despite summer weather

By **RAFAEL BRUSILOW**
for Metro Vancouver

When it comes to summer workplace attire, classic is always a good bet.

As warmer, sunnier weather rolls in, it's easy to get caught up in the excitement of summer. Just don't let common sense slide when picking threads to put on for your workday.

Summer may be a bold, extravagant time of year for casual clothing but those types of clothing choices don't always translate terribly well to the workplace.

"Trendy isn't always the way to go in a workplace environment," said Donna Rosati, a style expert for commercial real estate firm Cadillac Fairview.

"When the warm weather hits and you're in that summer mode, sometimes there's a lapse in judgment," Rosati warned.

Many companies have their own dress codes which specify the limits of what can be worn, so make sure you're staying within the lines. Rules don't mean you can't be creative either — think of a dress code as a way to steer your creativity towards choices that are more likely to be constructive.

"You can still be creative and fashionable even with a dress code," Rosati said.

The most common wardrobe mistake Rosati sees regularly is white tops that are too thin and revealing.

"It's a fabulous colour, it's a fashionable colour, but it needs to be used appropriately. Check your white outfit at home to make sure it's not too see-through," she said.

In terms of colour, just because you can add a little more colour to your summer gear, doesn't mean you should go overboard.

"Keeping it classic is probably the way to go. Don't go to extremes of colour — generally less is more. The rule of thumb is, 'When in doubt, leave it out,'" Rosati said.

If you're heading out for drinks after work, rather than slinking around the boardroom in your knock-out look all day, wear layers that you can take off once the workday is done.

> « *Trendy isn't always the way to go in a workplace environment. When the warm weather hits and you're in that summer mode, sometimes there's a lapse in judgment.* »
>
> *Style expert Donna Rosati*

Jewelry, like necklaces, rings, bracelets and earrings, can definitely risk being overdone so consider some minimalism when picking trinkets — real elegance is based on simplicity, after all.

And no matter how attractive you are (or think you are), putting your "assets" on deliberate display is unprofessional at best and distastefully inappropriate at worst.

"This may seem like a no-brainer, but anything that is too tight, too short or too revealing has no place in the office," Rosati said.

Choose breathable, high quality materials instead if you feel the need to dress down a bit at work due to the heat.

Most importantly, don't be afraid to ask for advice from someone knowledgeable. Though store staff can sometimes get a bad rap, many are genuinely knowledgeable about styles in the workplace.

"Good store staff is a real resource, and stores that sell office attire generally have seasoned and trained staff. If you're not sure about something, ask the expert for help," Rosati said.

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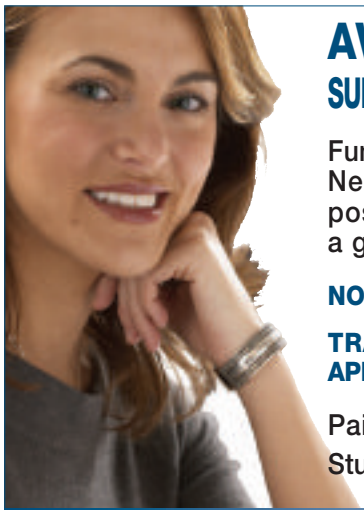

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U.S. Supreme Court calls out age bias

New laws make it easier to sue employers

The Supreme Court last week made it easier for workers to win age discrimination lawsuits against employers, in a case about older workers who were laid off.

The employer, not the employee, has the burden of proof on the issue of whether an employment action like layoffs was done for reasons other than age, the high court ruled in a defeat for a Lockheed Martin Corp unit.

By a 7-1 vote, the Supreme Court's ruling makes it harder and costlier for employers to defend themselves in lawsuits claiming age bias in the workplace.

The court ruled against Lockheed Martin, which owns the Knolls Atomic Power Laboratory in upstate New York.

Of the 31 workers laid off in 1996, 30 were at least 40 years old. Twenty-eight of them sued under the federal law barring discrimination based on age.

The justices reversed a ruling by a federal appeals court in New York that had sided with the lab.

Writing the court's majority opinion, Justice David Souter acknowledged that requiring employers to persuade judges that their employment actions were reasonable makes it harder and costlier to defend against such lawsuits.

Souter said the court has to read the age discrimination law the way that Congress wrote it. The federal government had supported the workers in the case.

Karen Harned, executive director of a legal centre for small, independent businesses, said the ruling will make it much easier for employees to be successful in discrimination cases against employers. REUTERS

Employers favour dress in promotions

Many workplaces have banned certain clothing items

If your wardrobe makes you an ideal contestant for a TV makeover show, you're probably wearing those clothes to work too; and that may not be in your best interest. A new *CareerBuilder.com* survey reports that 41 per cent of employers state that people who dress better or more professionally tend to be promoted more often than others in their organization. The survey was conducted from Feb. 11 through March 13 among 2,765 employers.

Financial services is one of the industries that place the most emphasis on professional dress, as 55 per cent of them state that people who dress more professionally tend to be promoted more often than others in the organization. On the other hand, IT and manufacturing employers are two of the industries that place the least amount of emphasis on professional dress, as only 37 per cent and 34 per cent, respectively, said that employees who dress more professionally tend to be promoted more often than others.

"Even though we are seeing a trend of more relaxed dress codes in the office, especially in summer, it doesn't mean that professionalism should go out the window," said Rosemary Haefner, vice-president of Human Resources for *CareerBuilder.com*. "How you dress can play an important role in how others perceive you at work, and dressing professionally can help you project a motivated and dedicated image."

Some workplaces have taken action into their own hands and are getting employees to dress more professionally by banning certain items of clothing and footwear. Nearly two-thirds (64 per cent) of employers surveyed have banned flip flops, 49 per cent have banned mini-skirts and 28 per cent have banned jeans.

In addition to banning certain items of clothing, some employers have gone as far as to send employees home for unsuitable work attire. More than one-third (35 per cent) of employers have sent someone home to change clothes because they were dressed inappropriately.

Not only does your appearance count once you get the job, but dressing professionally on an interview with potential employers is also important. Fifty-four per cent of employers surveyed give greater weight to candidates who show up to interviews wearing a business suit than those who do not.

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Teen rocker Teddy Geiger, left, is letting fans help select tracks for his upcoming album by voting on 33 songs now available on his website *teddygeiger.com*. REUTERS

EMI PHOTO

Feist

Feist album boosts label

Canadian independent label Arts & Crafts may be enjoying the biggest hit of its six-year existence, but label co-founder/president Jeffrey Remedios says he'll never change his "quality over quantity" business mantra.

The Toronto-based label has seen Feist's The Reminder become a runaway hit, selling more than 200,000 copies in Canada.

"It has allowed us to build out our infrastructure," Remedios says. "We now have all the tools at our disposal that any much larger label has."

Remedios points to increases in the label's publicity, marketing and retail abilities in recent months as a demonstration of Arts & Crafts' rise in stature. REUTERS

Blondie hits milestone

New Wave band marks 30 years of Parallel Lines

By **KUMAR SAHA**
for Metro Vancouver

GETTY IMAGES FILE PHOTO

Blondie front woman Debbie Harry says Parallel Lines "really changed what was being played on radio in the (United) States and opened up a whole new era of more modern music."

You could call it the curse of Blondie. Debbie Harry prefers "double-edged sword."

For the iconic front woman of the equally iconic band, more than three decades of being under the spotlight has been a little bittersweet.

"You are really proud of your success, you are proud of the things you've written and done, yet it sort of haunts you in a way," says the 62-year-old grand dame of '70s New Wave glitterati.

Success rarely gets much bigger than Blondie's 1978 opus Parallel Lines, a rock milestone which not only spawned uber hits such as Heart of Glass and One Way Or Another but also helped make New York's underground DIY sounds a household phenomenon.

"It really changed what was being played on radio in the (United) States and opened up a whole new era of more modern music. Up until that time most of the music had been more country-rock, blues-directed kind. This was more urban … slightly more sophisticated, punky sound," Harry says.

Blondie is currently on a North American tour to mark the 30th birthday of Parallel Lines. An expanded anniversary edition of the album, featuring four bonus tracks and a DVD of three music videos and a BBC Top Of The Pops performance, is due out this week.

Harry admits that keeping a bunch of songs, whose influence is only matched by their ubiquity, relevant and evolving is a constant challenge for the band, which now includes only two other original members, guitarist Chris Stein and drummer Clem Burke.

"The trick is to not just stand there like a robot, the trick is to make it come alive for the audience and the band," she says. "We have played the material for a long time and that could get a little bit stale. We're gonna try to freshen up the feel and give it a new slant, a fresh coat of paint."

Although there is no specific plan for the future or a new Blondie album, Harry has been working with Stein on a few tracks.

"I don't know exactly what we're going to do with them. We're talking about putting little samples of the stuff that we've been working on on the Internet," she says, adding that the band is currently without a label.

Contest closes July 14, 2008. Must be Canadian residents, 13 years & older and a Facebook member. Go to Rogers Show Off Your Summer Facebook page for full rules or to create a photo mosaic to enter. Limit of 1 photo mosaic per Facebook account per week. 30 prizes consisting either of one Nokia N95 ($689.99) OR one Sony Ericsson K850i ($299.99). Odds of winning depend on the number of votes received on mosaics. Correct answer to mathematical skill-testing question required. No purchase necessary. **TM** Trademarks of Rogers Communications Inc., used under license or of Rogers Wireless. All other brand names are trademarks of their respective owners. © 2008 Rogers Wireless.

Rap stars weigh record options

Many artists near end of contracts

ALL PHOTOS GETTY IMAGES

LL Cool J, left, and 50 Cent are among the many rap artists now nearing the end of their major-label record deals.

As a string of high-profile hip-hop artists near the end of their record contracts, a question looming over their pending free agency isn't which major label they'll sign with but whether they should sign with a major.

One prominent rap artist has already jumped ship: Jay-Z signed a long-term recording, publishing and management deal earlier this year with Live Nation. A Def Jam spokeswoman says Jay-Z has one album left on his contract with the label, but Def Jam head Shakir Stewart said recently that "we're still working it out."

While few rappers can match the pull and marketability of the former Def Jam president, big names like 50 Cent, LL Cool J and OutKast will soon be on the market as well. Although they may ultimately re-sign with major labels, their camps have indicated that they are at least contemplating the possibility of a future without a major-label deal.

LL Cool J will complete his three-album deal with Def Jam with the Aug. 5 release of Exit 13. By the end of the year, 50 Cent is expected to put out Before I Self Destruct, the fourth and final album on his Interscope deal. OutKast owes LaFace/Zomba three more albums under the duo's four-album contract, with all three releases expected this year and next. Tiphanie Watson, co-manager for OutKast's Big Boi, says the duo hasn't decided yet whether to seek another deal with a major, but adds, "It's much more beneficial to do it on your own. For an artist with an established fan base, there's more than one way to come up with strategic branding."

Notwithstanding Lil Wayne's first-week platinum sales for Tha Carter III, a contemporary rap album is lucky to sell an average of 35,000 copies in its first week. As of June 8, year-to-date U.S. sales of rap albums were down 25 per cent from the same period of 2007, compared with an 11.4 percent drop in overall album sales. Meanwhile, unauthorized mixtapes, which recently have been among the most buzzworthy releases in hip-hop, have been reaching audiences through independent channels. REUTERS

Janet Jackson, right, is set to star in an upcoming reality series for MTV. The project will follow Jackson as she mentors a group of aspiring singers and dancers.

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Fixing Canada's top bedroom problem

COLIN & JUSTIN'S INTERIOR DIVINE

Come on, this one's a no brainer — careful planning will transform your slumber zone into a calming, special sanctuary. Yup, a well crafted boudoir should be a relaxing retreat and an escape from the outside world. But as we often say, 'To fail to plan is to plan to fail." Many bedrooms, in reality, are crazy obstacle courses of piled-up laundry, mismatched furniture and saggy past-the-sell-by-date mattresses. The biggest Canadian bedroom problem is multi-tasking, which is to say, asking too much of too small a space.

So that means no ironing boards, no exercise bikes and definitely no computers stashed in a corner. Remember — it's a bedroom, after all, not a home office or gym.

The main event in any slumber zone is the bed and, because it's the largest feature, it identifies your space. In much the same way as a painted or papered feature wall will provide personality, so too will a well dressed bed provide visual punch.

It's *so* worth taking all this into account when shopping for a new bed — or bed linen — so make sure you have a plan. Remember the aforementioned caution. One third of your life, after all, is spent tucked in, so invest in a good quality mattress and treat yourself to the best pillows and dressings you can find. Brian Gluckstein's range at the Bay is awesome value, so wander in for inspiration.

Ask yourself this question — what price would pay for good slumber? As far as we're concerned, a great night's sleep is a better tonic than a life coach and more rejuvenating than Botox.

Colin and Justin's Home Heist airs on HGTV Tuesdays at 9 p.m., Saturdays at 7 p.m. and Sundays at 2 p.m.

GLUCKSTEIN HOME

Colin & Justin say Gluckstein Home bedding at the Bay is "awesome value." Above, Percidio bed linens from Gluckstein Home's Steel collection.

banishing bedroom blues

Turn your nightmare bedroom into a heavenly haven by following these simple tips:

» Make your bed a tactile feast by mixing satin with cool cotton and topping the lot with a luxurious silky throw.

» Satisfy your sense of smell with relaxing scented candles or some good old fashioned fresh air. During warmer months, air out your bedroom for at least half an hour each day.

» Make sure bedrooms are cosy and restful. Avoid bright colours like vivid orange and zesty yellow as they won't induce sleep.

» Turn your mattress every week to make it last longer and spread wear and tear.

» Don't overfill closets — lose the things you no longer wear. And seasonally adjust as the climate changes. Vacuum-pack winter garb until the mercury descends.

» Position your bed diagonally opposite the entrance door on the largest unbroken wall and make that your feature wall.

» Opt for warm flooring such as wood or carpet, and avoid ceramic tile, marble or granite. There's nothing worse, after all, than getting out of bed and stepping onto a cold floor.

COLIN & JUSTIN/ FOR METRO VANCOUVER

» going out

7:30 p.m. Vocalist and pianist Ivan Lins performs live. At The Centre for Performing Arts, 777 Homer St. Tix: $48-53. *centreinvancouver.com*

8 p.m. Pianists The Dave Brubeck Quartet play jazz. At Orpheum Theatre, Smith and Seymour. Tix: $63-75. *vancouver.ca/theatres*

8 p.m. Canadian male choir Choir Leoni sing live. At Bard On The Beach, 301-601 Cambie St. Tix: $33. *bardonthebeach.org*

8:30 p.m. Chanteuse Divine Brown performs pop, soul, R&B and jazz. At The Commodore Ballroom, 868 Granville St. Tix: $38/40. *livenation.com*

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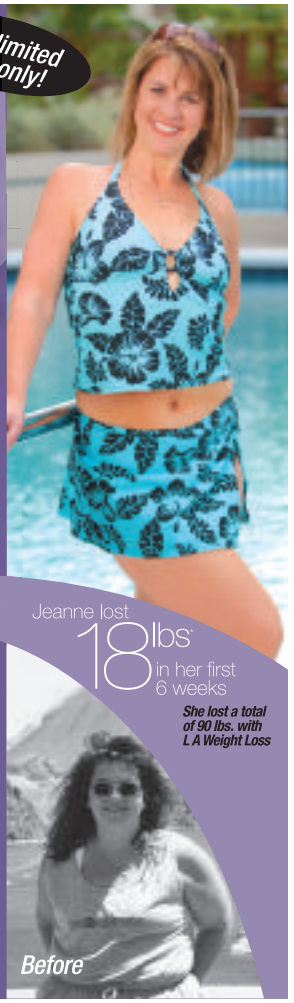

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NBC News has selected former anchor Tom Brokaw, left, to moderate Meet the Press through the 2008 U.S. election season. Tim Russert, the longtime host of the program, died suddenly of a heart attack on June 13. REUTERS

CBC finally gets it right

IN CASE YOU MISSED IT: Air India 182, which aired last night on CBC, puts me in the rare position of not only recommending a CBC production that isn't Dragon's Den, but insisting that you make time to catch the film when it re-airs.

CBC viewership figures, much as they might be spun to make it look like the national broadcaster is constantly on the verge of recovering its profile among viewers, suggest nonetheless that anything that airs on the network stands a worse chance of being seen by the average Canadian than a Simpsons re-run.

If a kind of Pavlovian aversion to CBC programming should prevent anyone from seeing Sturla Gunnarsson's dramatized recreation of the 1985 bombing of an Air India jumbo jet en route from Canada to England, it would be a shame, since this is exactly the sort of project the CBC should be commissioning, not occasionally but almost monthly, in a better world.

INTELLEVISION

RICK McGINNIS
rick.mcginnis@metronews.ca

Gunnarsson is the director who made the far better movie version of Beowulf — the one that cost a fraction of Robert Zemeckis' recent heavily hyped travesty, with its embarrassing video game digital sheen.

His retelling of the Air India 182 story borrows a few formal touches from Paul Greengrass' United 93, but paces itself more gravely, as if in responding to the passage of time in which the tragedy has resonated.

Time flashes back and forth in the first half of the film, as the events leading up to the bombing come into focus, and then seems to blow apart in slow motion in the aftermath of the disappearance of the plane over the North Atlantic. We're allowed to understand how hard it would have been to prevent the bombing with what information the RCMP had up till this point — in situations like this, hindsight is inevitably all too clear — while the underfunding and bureaucratic blunders of the country's intelligence services make their appearance on cue; a muddleheaded CSIS policy of erasing wiretaps after having them transcribed would lead to two key suspects in the plot by Sikh extremists being acquitted.

Even while it was happening, the events surrounding Air India 182 often seemed confusing, and there was an unfortunate tendency to treat it as an internal dispute within the Indian and Sikh communities — typifed by then-prime minister Brian Mulroney's puzzling apology to the Indian government, but not the families of Canadians who actually died in the bombing. Gunnarsson somehow manages to make it all clear, without swamping the film in details and lessening the still-raw emotional trauma that marks those left behind.

Air India 182 re-airs next Sunday at 10 p.m. on CBC Newsworld, and deserves a few more airings and a decent life on DVD, if only to give the network a prominent model for how to fulfill its mandate.

Rick McGinnis writes about music, movies, books and television, but not opera.

weekend box office

» Estimated weekend sales at U.S. and Canadian theatres:

» **1. Get Smart, $39.2 million US.**
» 2. Kung Fu Panda, $21.7 million.
» 3. The Incredible Hulk, $21.6 million.
» 4. The Love Guru, $14 million
» 5. The Happening, $10 million
» 6. Indiana Jones and the Kingdom of the Crystal Skull, $8.4 million
» 7. You Don't Mess with the Zohan, $7.2 million
» 8. Sex and the City, $6.5 million
» 9. Iron Man, $4 million
» 10. The Strangers, $1.9 million

REUTERS

awards

Ellen, Ray share Emmy spotlight

DAYTIME TV Comedian Ellen DeGeneres and cooking-lifestyle guru Rachael Ray shared the Daytime Emmy spotlight Friday as they split U.S. television's top two awards for entertainment talks shows. Although her program lost out to Ray for best talk show, DeGeneres pulled off a triumph for a fourth straight year as best talk show host. Jeanne Cooper, the grand dame of America's longtime No. 1 soap opera, was named best lead actress in a drama series for her 35-year role as Katherine Chancellor on The Young and the Restless. show.

REUTERS

television

Jim Carrey to produce series

ON BOARD HBO is in need of some new original series, and Jim Carrey may have the answer. The comic actor is on board to co-create and executive produce a half-hour series that's a throwback to his early days on the L.A. standup circuit, EW.com reports. Comedian Lisa Lampanelli will star in the project.

METRO NEWS SERVICES

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/23/08	251	308	3 CBC	Coronation St.	Countdown to	How Do-Maria	Just-Gags	The Border "Gray Zone"		CBC News: The National (N)		(:05) The Hour
	255	358	6 CH	E! News	The Insider	My Boys	How I Met	Nashville Star (CC)		Real Housewives		News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Degrassi	Canadian Idol Singers perform. (Live) (CC)			Robson Arms	CSI: Miami "Rush" (CC)		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	Jeeves and Wooster		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (CC)		House "Guardian Angels"		Durham County (CC)		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Big Bang Th	30 Rock	Two/Half Men	According-Jim	Comedy Now	Comedy Inc.	News (N)
	253	359	13 CITY	American Gladiators (N)		The Bachelorette (N) (CC)				The Mole (N) (CC)		Reviews
	-	-	14 CW	'70s Show	'70s Show	Gossip Girl (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Rush" (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	American Gladiators (N)		Nashville Star Ten remaining acts perform. (Live) (CC)				News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelorette (N) (CC)				The Mole (N) (CC)		News (N)
	-	-	26 KVOS	M*A*S*H	Scrubs (CC)	Nine Lives ★ (2002, Horror) Paris Hilton, David Nicolle.				Will & Grace	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		Change Your Brain, Change Your Life (CC)				Soundtrack
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (CC)		House "Guardian Angels"		News (N) (CC)		Family Guy
	-	364	49 PBS	Emile Norman: Design		Life Lessons From Onslow		Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	Gossip Girl (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	58 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	57 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Seinfeld	Nashville Star (CC)		Late Late
news	502	390	29 NW	Mr. & Mrs. bin Laden (CC)		CBC News: The National (N)		CBC News: The National		Mr. & Mrs. bin Laden (CC)		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	European Poker Tour		Poker		Canucks TV		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	Boxing: Andre Berto vs.		SportsCentre (Live) (CC)		Euro Today	Score Golf Television Special		Motoring 2008	SportsCentre
	411	457	49 OLN	Departures "Jordan" (CC)		Pilot Guides (CC)		Don't Forget Your Passport		The Amazing Race 7 (CC)		Mantracker
	410	403	54 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Score Update
	417	406	55 SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		101 Cars	Car Crazy	Auctions
	416	409	144 GLF	Fútbol Alemán: Equipos SA		Gol TV News		Ole: La Liga		Gol TV News		Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hunt	Falcon Beach "Turn Card"		Mystery Hnt.
	555	545	50 TEL	George	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	The Matrix ★★★ (1999) Keanu Reeves. (CC)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Crazy Quilt	The Bittles	Comfy Couch
cable variety	268	354	3 KNO	Leading Edge	Wild at Heart	Sombrio		Yoga, Inc. (2006) Premiere.		(:10) Medicare Schmedicare		Profiles
	575	583	20 CMT	Home Imp.	Roseanne	Dedicated		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Living, Dream
	570	580	24 MM	PunchMuch		MuchTopTens Top 10. (CC)		Punk'd (CC)	Video on Trial	Video on Trial	Spotlight	Spotlight
	600	564	29 H&G	Design U (N)	Parents House	House	Marriage	Outside	Find Style	Property	Home to Stay	Design U
	615	520	31 A&E	Psychic Kids: Paranormal		Paranormal	Paranormal	Intervention "Brad" (CC)		Intervention "Dan" (CC)		Psychic Kids
	628	584	32 SPKE	CSI: Crime Scene Invstgtn.		MXC	MXC	MXC "Most Best of MXC"		Spike Guys Choice Hugh Hefner tribute.		
	521	560	34 TLC	Jon & Kate	Jon & Kate	Master-Dance	Master-Dance	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Little People
	616	522	39 SHO	ReGenesis (CC)		Cold Squad (CC)		Trailer Park	Billable Hours	Damages "She Spat at Me"		(:05) House
	620	523	40 BVO	(5:00) West Side Story (1961)		Law & Order "Jeopardy"		Without a Trace (CC)		Surviving Picasso ★★★ (1996, Drama) (CC)		
	601	562	41 SLC	Inside Hollywood (CC)		End of Leash	Spoiled	Tim Gunn's Guide to Style		Inside Hollywood (CC)		Trading Sp
	520	505	42 DIS	Canada's Worst Handyman		Daily Planet (CC)		Dirty Jobs Underwater reef.		Canada's Worst Handyman		MythBusters
	522	506	44 HIS	NCIS "Vanished" (CC)		Dogfights "Thunderbolt"		Alexander ★★ (2004) Colin Farrell, Angelina Jolie, Val Kilmer. Premiere. (CC)				
	627	528	45 SPC	(6:00) Taken (CC) (DVS)		Stargate SG-1 Alien utopia.		Star Trek: Voyager "Life Line"		Star Trek: Enterprise "Oasis"		Star Trek Gen.
	294	650	47 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Sex and-City	Sex and-City	Batman Forever ★★ (1995, Action) (PA) Val Kilmer. (CC)			
	619	525	48 TROP	Deal or No Deal Canada		ET Canada	What	X-Weighted "Jocelyn" (CC)		Are You Smarter		Deal-No Deal
	603	561	52 FN	Kitchen Nightmares "Peter's"		Restaurant Makeover (CC)		Iron Chef America (CC)		Good Eats	Perfection	Nightmares
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Distraction	Com.-Presents	Daily Show
	320	621	60 CEN	Epic Movie ★ (2007, Comedy) Kal Penn. (CC)		Hairspray ★★★ (2007) John Travolta, Nikki Blonsky.					Hairspray	Ghost Rider
	581	566	101 MTV	The Paper	Life of Ryan	MTV Live (CC)		Super Sweet	The Paper	The Paper	Life of Ryan	MTV Live
	261	394	102 V	Divine Restor.	Recreat. Eden	Doc "Full Disclosure" (CC)		McLeod's Daughters (CC)		Prime Minister	Wait for God	Recreat. Eden
	-	-	106 MUL	The Land	Daughters	Doctor Song Lian Sheng		I Luv New York		GMA Telesine Night		Patrol World

critics' corner

Emile Norman: By His Own Design

His name might not be a household word — unless you're a contemporary art buff — but Emile Norman is a fascinating character worth getting to know. Start with this 2006 documentary, which traces his life from its beginnings on a California walnut ranch through his years in New York to his present-day life on the California coast, where he's lived since 1946 and plans to keep working until, in his words, "I get gathered in." 7 PM on PBS

Two and a Half Men

Isn't it the wife who's supposed to run home to Mother? After an argument between Alan and Charlie (Jon Cryer, Charlie Sheen) over Alan's position in the Harper brothers' household, Alan packs up his stuff and his son (Angus T. Jones) and moves in with Evelyn (Holland Taylor). Robert Wagner reprises his role as Evelyn's boyfriend, Teddy, in "Our Leather Gear Is in the Guest Room." 9 PM on CBS

Celebrity Buzz

ALL PHOTOS GETTY IMAGES

Amy dead in three months?

Father's concern: Amy Winehouse's father Mitch says the Grammy-winning singer is suffering from emphysema and he fears she could be "dead in three months," *usmagazine.com* reports.

"The doctors have told her if she goes back to smoking drugs it won't just ruin her voice, it will kill her," he told U.K. newspaper the Daily Mail.

Winehouse, 24, was taken to hospital last week for tests after she fainted at her home in London.

"With smoking the crack cocaine and the cigarettes her lungs are all gunked up," Mitch said. "There are nodules around the chest and dark marks. She's got 70 per cent lung capacity."

If she doesn't get treatment, she could need an oxygen mask to breathe, Mitch told the Daily Mail.

"The doctors have said that if she had continued the way she was going she could have ended up an invalid — she wouldn't have been able to breathe," he added. "If drugs mean more to her than breathing properly, then so be it."

METRO NEWS SERVICES

courts

Woody sued for alleged photog smackdown

LAWSUIT Photographer Josh Levine sued Woody Harrelson for $2.5 million Friday, claiming Harrelson injured him both physically and emotionally when he roughed him up two years ago outside a Hollywood club, E! News Online reports, per the Los Angeles Times. The video Levine shot at the time shows the star breaking Levine's camera, choking him and shoving the camera into his ribs, the complaint alleges.

METRO NEWS SERVICES

Celebrity **brief**

POLL Red Hot Chili Peppers frontman Anthony Kiedis and British pop star Leona Lewis have been voted the world's Sexiest Vegetarians, *femalefirst.co.uk* reports.

Tens of thousands of animal lovers voted the pair into the top spots as part of an annual search for veggie vamps and vixens on website *Peta.org*.

METRO NEWS SERVICES

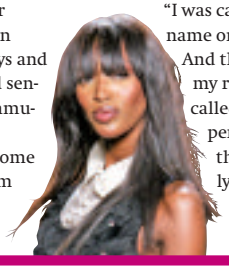
Naomi alleges racial slur

ALTERCATION Naomi Campbell pleaded guilty Friday to assaulting police officers after a mid-air disturbance on British Airways and was fined and sentenced to community service.

But here's some backstory from Britain's Sky News (via gossip guy Perez). Yes, Naomi admits she was wrong, but she has more to say about why she went off, E! News Online reports:

"I was called a racial name on that flight. And that was part of my reaction ... I was called a golliwog supermodel, I don't think that's really fair, do you?"

METRO NEWS SERVICES



courts

DIVORCE Former model Christie Brinkley has reportedly asked for her divorce from Peter Cook to be made public — to expose his alleged infidelity and habit of trawling online for women and porn, *imdb.com* reports. METRO NEWS SERVICES

Revenge best served as a song

DUMPED Former Spice Girl Melanie Brown is getting her revenge on ex-partner Eddie Murphy — by penning a song about him for her upcoming album, *femalefirst.co.uk* reports.

The singer was dumped by the actor on TV while she was pregnant with his child last year. But Brown has been hitting the studio to get her own back. She tells Britain's New! magazine, "The working title is Beverly Hills C**k, because that's what he is.

"He never bothers with his daughter. I mean, what kind of man is that?"

METRO NEWS SERVICES

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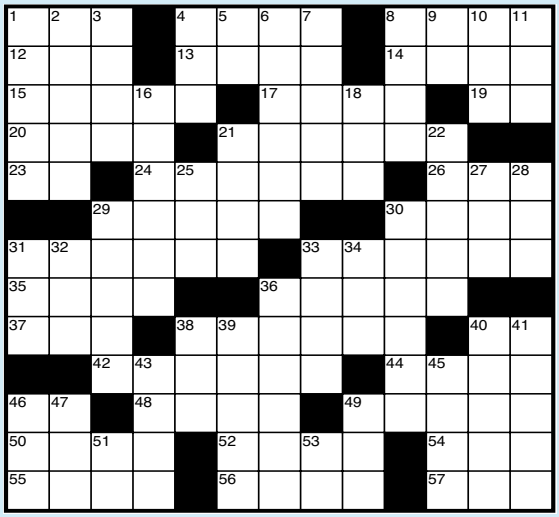


down »

1 Oven need
2 Type of squash
3 Used to be
4 Helium or neon
5 Strong puller
6 Skiing event
7 Card before trey
8 Sports network
9 Mr. Kettle
10 Sooner than
11 Keep an — to the ground
16 Leaps aside
18 Soggy soil
21 Word on a battery
22 On one's feet
25 Narrow inlet
27 Bullring shout
28 Stale
29 Bottomless depth
30 Cold feet
31 Versatile vehicle
32 Husk
33 Many August people
34 Footed vase
36 Pro golfer Amy —
38 Go — — diet
39 Ship from Valdez
40 Kukla's pal
41 Brawl
43 Units of resistance
45 Dobbin's dinner
46 Not delay
47 Harsh cry
49 Happy sighs
51 — -cal
53 After yr. 1

across »

1 Cat's foot
4 Egg on
8 Pentathlon event
12 Bartender's rocks
13 Wheel part
14 Mystery writer — Paretsky
15 Nobles
17 Lady's shoe
19 Speaker's pause
20 Chocolate cookie
21 Alpaca cousin
23 Great Smoky Mts. state
24 Talked on and on
26 Court
29 Lithe
30 Cool time
31 Positive
33 Prowled
35 Kid stuff
36 Condor nest
37 Mag execs
38 Kind of tea
40 Lama's chant
42 Seattle team
44 Pocket flaw
46 New car option
48 Moon ring
49 In the least (2 wds.)
50 Reassure
52 Write on metal
54 Affinity
55 Double dates
56 Road map info
57 Visualize

previous answer

U	T	E	■	H	U	G	E	■	S	L	I	T
G	R	R	■	E	T	O	N	■	H	A	S	H
L	U	M	I	N	A	R	Y	■	E	M	M	Y
Y	E	A	R	N	■	P	A	C	E	■	■	■
■	■	■	O	A	F	■	■	E	P	C	O	T
S	O	W	N	■	E	L	S	E	■	A	W	E
E	G	O	S	■	A	I	M	■	A	M	E	N
A	R	E	■	U	R	D	U	■	R	O	S	S
M	E	S	A	S	■	■	G	U	M	■	■	■
■	■	■	X	E	N	A	■	R	O	B	E	S
H	I	K	E	■	O	U	T	G	R	O	W	N
I	D	O	L	■	E	D	I	E	■	L	E	O
M	A	N	S	■	L	I	E	D	■	O	R	B

HOROSCOPE

ARIES | March 21-April 20
You'll have privileges in your community. A broken band needs replacement or repair. A desired reunion is becoming a certainty.

TAURUS | April 21-May 21
It'll work out well when someone makes a move. The image of success will become understandable. Being obnoxious will defeat you.

GEMINI | May 22-June 21
Money becomes an issue with a friend. You'll surprise yourself with your regrets. Strange information may cause insecurity to arise.

CANCER | June 22-July 22
A twist of fate can lead to a blazing debate. A mentor's idea flashes with insights. Relaxing moments can be enjoyed later.

LEO | July 23-Aug. 23
Be kind-hearted enough to step in to mediate. A deceitful person will be caught. A friend's relationship is at a high point.

VIRGO | Aug. 24-Sept. 22
Take back a derogatory comment. Avoid being careless around equipment. Flattery will get you somewhere in a hurry.

LIBRA | Sep. 23-Oct. 23
Doubt will arise because of someone's bad behaviour. Try not to be smug. Go shopping with someone who makes you laugh.

SCORPIO | Oct. 24- Nov. 22
The reason things won't work out is obvious. Pride will get in the way of success. Rumours about a love affair have upset people.

SAGITTARIUS | Nov. 23- Dec. 21
Making fun of someone will be a bad idea. Don't work too hard trying to lighten things up. Don't avoid answering questions.

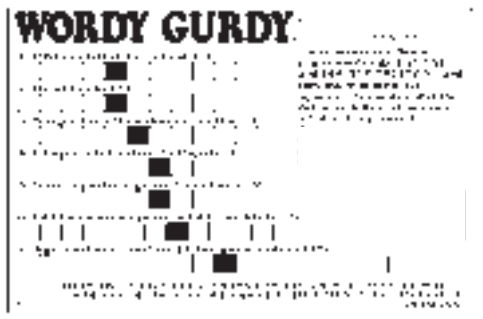
CAPRICORN | Dec. 22-Jan. 20
The way you get around will be reviewed. Be resigned to waiting for a disgraceful person. A profit is made from a durable venture.

AQUARIUS | Jan. 21-Feb. 18
Your energy level will increase. Restrain your temper and your goals will be fulfilled. Don't waste any time worrying about problems.

PISCES | Feb. 19-Mar. 20
Your capacity to astound others will be noted. Commit yourself to a positive course of action. A friend needs help finding work. AVATAR VENUS

metro is available at your neighbourhood Blenz.
Read, relax and enjoy!
BLENZ COFFEE

WORDY GURDY



	2			9		3		4
			2		1		7	6
	7	2			3		1	
			5		2			
	9		4			8	3	
9	6		8		7			
4		5		2			8	3

instructions »

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

8	7	6	1	9	3	5	2	4
1	3	5	7	4	2	8	9	6
4	2	9	6	8	5	7	1	3
5	8	3	4	1	6	2	7	9
9	1	4	3	2	7	6	5	8
2	6	7	8	5	9	4	3	1
3	5	2	9	6	4	1	8	7
6	9	8	2	7	1	3	4	5
7	4	1	5	3	8	9	6	2

This Day IN HISTORY

June 23, 1985: A terrorist bomb aboard Air India flight 182 brings the Boeing 747 down off the coast of Ireland killing all 329 people aboard, including 280 Canadians.

June 23, 1940: German leader Adolf Hitler surveys newly defeated Paris in now occupied France.

June 23, 1887: The Rocky Mountains Park Act becomes law in Canada, creating the nation's first national park, Banff National Park.

Metro News Services

Vancouver weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
Partly cloudy. 17°	Partly cloudy. Low 11°	Variable. 18°/ 12°	Variable. 18°/ 11°	Partly cloudy. 19°/ 12°

Temperature
Normals
High: 19.7°
Low: 11.7°

Records
High: 26.1°/1958
Low: 7.8°/1974

Sunrise: 5:08 a.m.
Sunset: 9:21 p.m.
Moon does not rise
Moonset: 10:12 a.m.

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MEET YOUR PRAIRIE IDOLS

WHICH REGION WILL PRODUCE THE NEXT CANADIAN IDOL?

Canadian Idol

MEET YOUR QUEBEC IDOLS

CTV

Canadian Idol™
BASS
MONDAY, TUESDAY
& WEDNESDAY
CTV